

Positive Alternatives 2016 - 17 Quarterly Update

Grantee: Way to Grow, Minneapolis

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Goal: Empower, motivate and support pregnant women and mothers of new born infants to achieve healthy birth outcomes, foster positive child development and move out of poverty

For the period/quarter: 1st quarter (July 20th –September 30th 2016)

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hiring, training of staff, staff assessment and all administrative duties Day to day operations of project and staff Managing caseloads of Family Educators Change and updating forms to track staff time spent on grant Tracking and analyzing data Reports to Funders		-Change and update forms to track goals of the grant -Change and updating administrative forms to track staff time spent on grant (timesheets, mileage) -Managing caseloads of families participating in the program -1:1's with Family Educators working with MDH families -Providing updates at all staff meeting in regards to progress of the grant -Tracking and analyzing data of grant progress -Communications with MDH contact regarding questions or update information.	
Outreach	Community education and contact activities Outreach efforts to increase capacity		-Way to Grow Family Educators recruited over 50 families since the beginning of the grant that were considered potential MDH families. There were a number of locations that we conducted recruitment during the months of July, August and September. Outreach occurred at the following locations: Urban Ventures Resource Fair, North Point Tapestry, weekly outreach at WIC ,	

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			People Serving People Fair, Children's Theater and the Anderson open House.	
Case Management Services	Minnesota Visiting Nurse Agency visits to pregnant women Contract with Minnesota Visiting Nurse agency to provide home visits to pregnant Mothers including public health nursing services, prenatal health assessments, maternal resources and in home nurse Visits	30	-Way to Grow referred 11 pregnant mothers to MVNA this quarter. We based our goal on the number of pregnant mothers we had last year at this time. The trend that we are seeing is a great reduction of pregnant women in the community this past year. Referrals to and services provided by MVNA increases and decreases over the year. As an organization we have developed new strategies to recruit more pregnant women including weekly recruitment at WIC and Tapestry. We hope to reach more pregnant mothers in the second quarter.	11
	Home visiting program Provide Home visiting services to Way to Grow focusing on pregnancy and parenting education and support	400	-During the first quarter, Way to Grow provided 716 visits to pregnant and/or parents with children up to twelve months. Home visits with these families focus on pregnancy, parent and health education as well as connection to resources for support.	716
	Connection to community resources and follow up Resource Advocates and Family Educators connect families to community resources, and follow-up with families to ensure connections were made. Examples of community resources are: food, housing, employment, mental health and housing.	80	-During the first quarter Family Educators and Resource Advocates provided 126 community resources to MDH participants. Way to Grow follows up with each of these families to be sure a connection was made. Providing basic needs resources to our families helps stabilizes the home and leads to a greater opportunity for children to learn. Family Educators provide translation and/or transportation when necessary.	126

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	Provided direct assistance with applications, filling out documents. Also provided transportation and translation if needed,.			
Childcare Assistance	Provide child care to parents who attend Way to Grow groups and classes when necessary	15	-Way to Grow realizes that childcare and transportation can be a barrier for many of our families. Way to Grow provides childcare and transportation for most of our groups and events. We believe that providing these services has increased participation in our educational groups and events; therefore increasing knowledge and long term health of our families	17
Crib Distribution/ Sleep Safety Education	Provide education on safe sleep during home visits	160	-Way to Grow Family Educators provided 231 home visits that focused on safe sleep education. Family Educators utilized the educational flyers and DVD to share with families on visits. These tools were developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. We also took advantage of the Sleep Baby safe and snug books that were donated From MDH. We received 250 in English and 20 in Spanish. Family Educators read the book with the families and left the book for families to review at a later time. 50 books have been distributed Way to Grow is also receiving Pack n' Plays from Cradle of Hope on a monthly basis.	231

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Education Assistance	Referrals to agencies that assist in employee assistance	10	In the first quarter, Way to Grow provided 13 referrals to MDH participants that assist individuals in finding employment.	13
Hotline – connection to community resources	Family Support Services – provide resources to Way to Grow and non-Way to Grow families	75	-In the first quarter, Way to Grow Family Educators and Resource Advocates provided 100 community resources to both enrolled and non-enrolled that fit the MDH grant criteria.	100
Interpreter Services	Family Educators provide translation services during home visits, groups and events. Resource Advocates also provide translation services to families who speak Spanish and have resource needs.	250	-In the first quarter, Way to Grow Family Educators and Resource Advocates provided 549 interpreter services during home visits, phone calls, groups and classes, and connection to community resources.	549
Life-Skills Education Program	Dream Tracks offers home visiting and monthly education sessions topics include : Career development, resume writing, and other self-sufficiency skill building session	25	-In the first quarter, 8 MDH participants attended the monthly Dream tracks program (September). 34 home visits were completed with MDH participants in the Dream Tracks program.	42
	Cooking Matters – Through U of M extension services a 6 week cooking class focusing on making healthy meals on a tight budget	15	-In the first quarter 21 MDH participants attended a six week cooking class that focuses on making healthy meals on a tight budget.	21
	New Parent Group - offers home visits and monthly parenting group for pregnant or new parents up to	25	-In the first quarter, 19 participants attended the monthly new parent group. There were no classes in July and August due to taking a break during the summer. In the first quarter, 22 home visits were completed to the participants who attend the group.	41

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	12 months of age		Note: These classes for parent are not scheduled on a monthly group do not occur during the summer. For example: the New Parent Group and Dream Tracks do not meet in the summer. Cooking Matters has 3, 6 week classes throughout the year. The goal numbers will vary each quarter due to the class or group occurring during the time frame (or not).	
Material Support	Family Educators provide material support: Baby and maternity clothing, Diapers, Books, Backpacks, Bundles of Love School supplies	75	In the first quarter Way to Grow received or purchased these items for MDH participants: -300 Welcome baby bags (filled with baby items) from Second stork were donated. They were used as recruitment incentives as well as given to pregnant mothers during home visits. 75 have been distributed -8 pack n' plays donated from Cradle of Hope and distributed -7 Bundles of Love were donated -includes handmade clothing, blankets for newborns and distributed -220 Sleep baby Safe and Snug Books donated -50 have been distributed Purchased 14 highchairs purchased and 10 have been distributed Purchased 9 car seats, 7 were distributed after Car Seat class	157 items distributed
Mental Health	Family Support Services provide Mental Health resources to Way to Grow and non-Way to Grow families	5	-In the first quarter, Way to Grow Family Educators and Resources advocates provided 14 Mental Health to families that were pregnant or parenting a new born up to 12 months.	14

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Nutrition	Cooking Matters – Through U of M extension services a 6 week cooking class focusing on making healthy meals on a tight budget Nutrition Events – 2-3 event on an annual basis – nutrition education tables, healthy food demonstration Home visits –focused on activities to support healthy birth outcome and care for their babies after birth Transportation provided to prenatal visits when necessary	300	-In the first quarter, 716 MDH participants either attended a Cooking Matters class (21MDH), a nutrition/health event (15 MDH) or received nutrition education during home visits (680). Nutrition and health is an essential part of our curriculum (prenatal –age 8, including parents) -Way to Grow has worked extremely hard to increase the number of groups and events that emphasize the importance of health at all ages.	716
Parenting Education	Parent Education on home visits New Parent Group meets monthly Dream Tracks monthly meeting	400	-In the first quarter, Way to Grow Family Educators provided 716 parent education contacts during home visits, the New Parent Groups and monthly Dream Tracks meetings.	716
Pregnancy Testing	Pregnancy Education on home visits	180	-In the first quarter, Family Educators provided 226 pregnancy education visits. Some of the topics include: importance of attending prenatal visits, birth plan, appropriate weight gain, breast feeding, bonding and attachment and many other important pregnancy topics.	226
Provide Necessary Services assessments to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with Pregnancy services Utilize resource database to	40	-In the first quarter, Way to Grow did 44 intake assessments with new MDH families to determined need and services that would best fit their family situation. During visits they provide appropriate education, referral to and assistance with pregnancy services. For example; if a pregnant mother does not have Doctor or medical home. Way to Grow would provide her assistance and support to find a medical home for her.	44

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	provide information and referrals			
Transportation	Provide Taxis and bus tokens for classes, events and prenatal care	25	During the first quarter Way to Grow provided 35 taxis to MDH participants in order to get them to/from prenatal appointment, as well as to attend Way to Grow classes, groups and events	35

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	9
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	9
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	168
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	168
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	8
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	89

Challenges:

Some of our services goals in the grant have fluctuations based on a quarterly basis. Some of these services are our groups and classes (which I noted in the original work plan. Way to Grow also sees fluctuations in our MVNA referrals. Referrals to MVNA are heavily dependent upon how many pregnant women we recruit in one quarter that remain with the program.

Way to Grow had to update current data forms to capture the needed data for the MDH grant.

Another challenge at the beginning of the grant, was finding a certified car seat trainer that would be willing to teach the class to our MDH participants on weekends. Fortunately, through our partnership with MVNA, we have found a certified trainer to conduct the class.

Comments: